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*Dear Friend,*

Stroke is the third leading cause of death claiming over 750,000 Americans each year. On average, a stroke death occurs every 3.3 minutes in the United States.

Stroke or "brain attack" may occur with a number of symptoms and warning signs. Learning the risk factors and warning signs of stroke may prevent a future disability. Not all news about stroke is negative.

Stroke is not a hopeless matter. There are various ways to reduce your risk for stroke. Education and prevention is a step toward leading a healthy stroke free life style. I encourage you to speak with your doctor and learn about your risk factors for a stroke.

For more information on measures relating to health issues, please call my District Office.



Sincerely,

*Fran Pavley*

Fran Pavley  
Assemblymember, 41st District

# STROKE

Don't ignore the risk factors,  
learn how to prevent stroke!





# What you should know about stroke?

- 1. Reduce your risk factors:** the following are risk factors that can be treated, modified or controlled.
  - **High blood pressure:** this is the single most important treatable risk factor for stroke.
  - **Diabetes mellitus:** although diabetes is treatable, having it increases a person's risk of stroke.
  - **Heart disease:** a heart attack is a major cause of death among stroke survivors.
  - **TIAS:** transient ischemic attacks (TIAS) are "mini strokes" that produce stroke like symptoms. Recognizing and treating TIAs will reduce your risk of stroke.
  - **Carotid artery disease:** Carotid arteries are in the neck and are responsible for the supply of blood to the brain. A blood clot in these arteries may cause a stroke.
- 2. Personal choices you make each day can affect your risk factors:** the following factors are up to you to change.
  - **Tobacco use:** the nicotine and carbon monoxide in tobacco smoke reduce the amount of oxygen in your blood and damage the walls of blood vessels, making clots more likely to form.
  - **Physical inactivity and obesity:** being inactive, obese or both can increase your risk of high cholesterol and blood pressure, diabetes, heart disease and stroke.
  - **Alcohol intake:** excessive alcohol intake can raise blood pressure levels in both men and women.
  - **Illegal drug use:** cocaine use is linked to stroke and can be fatal even in first time users.
- 3. A few risk factors can not be changed.**
  - **Increasing age:** stroke affects people of all age however, the older you are, the greater your risk is for stroke.
  - **Gender:** at a younger age, men are at a higher risk for stroke than women.
  - **Heredity and race:** the risk of stroke is greater if a family member has previously had a stroke. African Americans and Hispanics have a higher risk of stroke.
  - **Prior Stroke:** someone who has had a stroke is more likely to have a stroke again.



## Help spread the news about stroke.

Stroke is the third cause of death among Americans and a leading cause of serious, long-term disability. A stroke or "brain attack" will occur when a blood vessel bursts or becomes clogged.

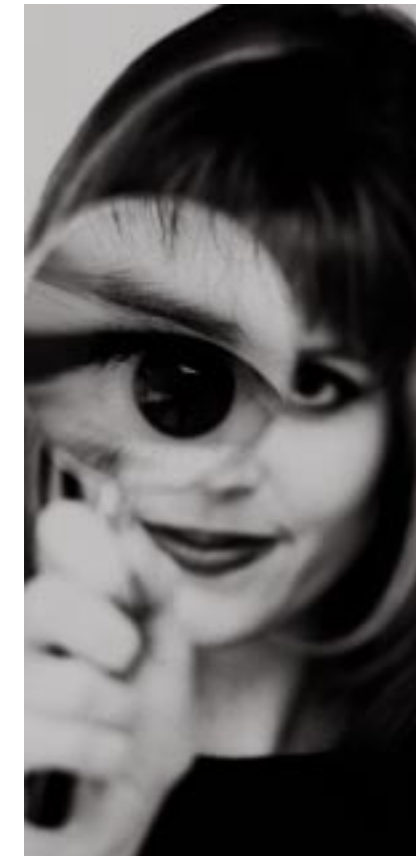
The first step to preventing a stroke is a visit with your doctor to assess your risk factors and learn how to treat them.

## Learn the warning signs of stroke.

- **Sudden** numbness or weakness of the face, arm or leg, especially on one side of the body
- **Confusion** and trouble speaking
- **Trouble** walking, loss of balance or coordination
- **Severe** headache with no known cause
- **Trouble** seeing and dizziness

## New Therapies

New treatment therapies for stroke have been proven effective but every second counts. It is important to receive medical attention as soon as you recognize the stroke warning signs.



If you or a family member has suffered a stroke, there are many resources available to assist you on your road to recovery.

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The American Stroke Association  
1-888-4STROKE  
(1-888-478-7653)

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The American Heart Association Stroke Connection Warmline  
1-800-553-6321

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The American Speech-Language-Hearing Association  
1-800-638-8255

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The American Physical Therapy Association  
1-800-999-2782

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The Job Accommodation Network  
1-800-526-7234

**Remember to: Reduce the risk of stroke... Recognize the signs of stroke... Respond immediately to stroke**